1. A pick assembly for playing a stringed musical instrument, comprising:

a pick, having first and second edges converging to a playing tip and having a third edge region opposite the playing tip, designed for deployment by a player holding said pick between the thumb and forefinger;

an attachment portion made and arranged to attach to said pick in the third edge region;

a shaft portion having a first end attached to said attachment portion and extending therefrom along a longitudinal axis of the third edge region to a second and opposite end; and

a generally cylindrical handle portion attached to the opposite end of the shaft portion, made and arranged to be comfortably handheld between palm and fingers, other than the forefinger, of the player:

said shaft portion being made and arranged to couple effective mass to said pick from a hand, wrist and arm of the player, regardless of any longitudinal tensile or compressive force received by said shaft portion.

- 2. The pick assembly as defined in claim 1 wherein said attachment portion is made and arranged to attach to said pick in a removable manner, such that said pick can be selected from a group of commonly available picks.
- 3. The pick assembly as defined in claim 2 wherein said attachment portion comprises a metal spring clip securely attached to the first end of said shaft portion and configured with a pair of plates made and arranged to clamp onto the third edge region in a manner to retain said pick frictionally between the pair of plates under spring tension.
- 4. The pick assembly as defined in claim 1 wherein said shaft portion is made from a relatively soft metal such that the player can bend and reshape said shaft portion as desired.

- 5. The pick assembly as defined in claim 1 wherein said shaft portion comprises a metallic shaft-core portion of circular cross-sectional shape, surrounded by a tubular close-fitting non-metallic sleeve.
- 6. The pick assembly as defined in claim 1 wherein said handle portion comprises:
 - a cylindrical handle-core made from metal material; and
- a tubular handle-sleeve of non-metallic material closely surrounding the handle-core portion.
- 7. The pick assembly as defined in claim 2 wherein said tubular handle-sleeve comprises:
- a tubular inner handle-sleeve portion made from relatively solid plastic material; and
- a tubular outer handle-sleeve portion made from foam plastic material, closely surrounding said inner handle-sleeve portion.
- 7. The pick assembly as defined in claim 7 wherein said handle-core is configured with a central threaded bore by which said shaft portion is threadedly attached to said handle-core.
- 8. The pick assembly as defined in claim 7 wherein said handle portion further comprises:
- a machine screw, engaging the central threaded bore of said handle-core, having a head portion thereby retaining said handle-sleeve to said handle-core.